



Disordered Eating in the Active Duty Population

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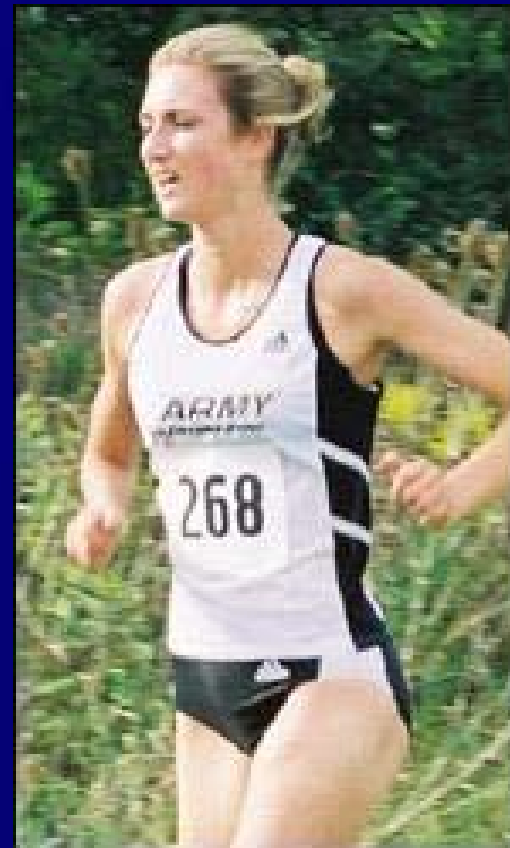
Objectives


- Compare prevalence of eating disorders in the military to the general population
- Special risks--the military population
- Red flags--signs and symptoms of disordered eating
- Multidisciplinary treatment team approach
- Future goals



Available Statistics

- More than 5 million Americans suffer from eating disorders
- Five percent of females and 1% of males have AN, BN, or BED





According to research studies conducted on military personnel, prevalence of eating disorders is considered to be significantly higher for both males and females than in the general population.



Abnormal Eating Behaviors in Military Women

Survey of 423 AD officer and enlisted females at Madigan Army Medical Center

- 33.6% (N=142) - "at risk" for abnormal eating behavior
- 8% (N=33) diagnosed with eating disorder



Diagnosis

- Anorexia Nervosa • 1
- Bulimia Nervosa • 3
- EDNOS • 11
- BED • 5
- SITED • 13



Abnormal Eating Behavior in Female Reserve Officer Training Corps Cadets

- “Of the 310 ROTC Cadets, 20% met screening criteria for being at risk for an eating disorder.”



Frequency of Abnormal Eating Behaviors

	AR (%)	Negative (%)
Binge	35.0	2.1
Purge	19.3	1.7
Laxative	15.0	0.8
Diet Pills	55.2	4.5
Diuretics	14.8	0.4



ED Behavior in AD Service Women

Army, Navy, Air Force, and Marines

- 3613 Females surveyed
 - 34% returned (N= 1,278)
- Anorexia 1.1%
- BN 8.1%
- EDNOS 62.8%

CAPT Peggy Anne Fisher McNulty, NC USN

Military Medicine, Vol. 166, Jan 2001



Survey of AD Navy Nurses

1,323 Surveys distributed.

-53.4% returned (N= 706)

- Anorexia
- Bulimia
- EDNOS
- 1.1%
- 12.5%
- 36%

Prevalence and Contributing Factors of Eating Disorder Behaviors in a Population of Female Navy Nurses.

CAPT Peggy Anne Fischer McNulty, NC USN

Military Medicine, Vol 162, Oct 1997



Survey of AD Navy Males

- 4,800 Surveys Distributed
 - 1,425 Surveys returned
- AN 2.5%
- BN 6.8%
- EDNOS 40.8%



Bulimic Weight Loss Behaviors

Military Versus Civilian Weight Management Programs

- “...the military weight management group reported that they engaged in bulimic weight loss behaviors 2-5 times more often than the comparison group, and that they engaged in vomiting, strenuous exercise, or use of a sauna/steam room four times as often as the civilian weight management group.”

Air Force Study.

Military Medicine, Vol 160, Dec 1995



Special Risks-- The Military Population



Risks

- Dehydration
- Decreased strength and performance
- Decreased cognitive function, impaired judgment
- Stress fractures, over-use injuries



Long Term

- Osteoporosis
- Dental Problems
- GI Disturbances
- Irreversible end-organ damage to heart or kidneys



Contributing Factors

- Strict ht/wt standards
- Increased stress over APFT and “weigh-ins”
- Negative attitudes toward overweight soldiers



Contributing Factors

- Demand for perfection
- Unsafe diet practices
 - Cycle of compulsive eating, shame, restriction/purging



Lifestyle


- Access to high-calorie, high-fat food
- Limited training time
 - long hours, frequent moves, deployments, family commitments
- Societal pressure



Obstacles to Providing Care

- Reluctance to seek help
- Fear of losing career
- Lack of time to attend appointments





*"People would tell
me, 'Well, just eat.'
Yeab, like I'm just
going to eat a Big
Mac and be cured."*

Emily



--signs and symptoms of
disordered eating



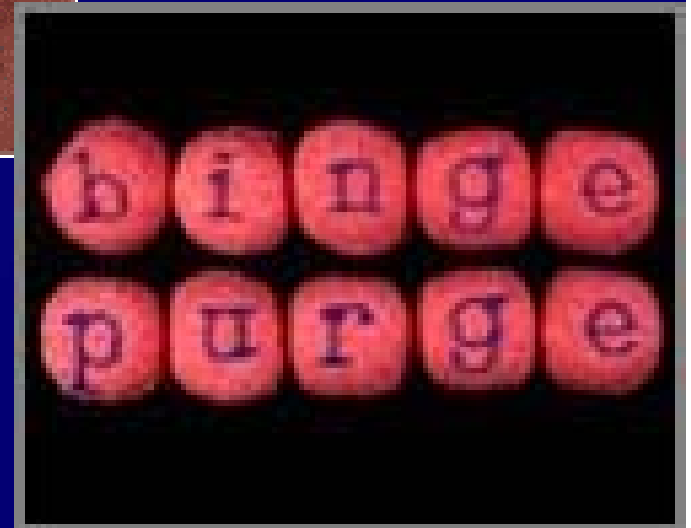
Signs of a Potential Eating Disorder



- “Feels Fat”
- Unhealthy purging behaviors during PT test time
- Rapid weight loss
- Use of diet pills, laxatives, diuretics
- Seeking Liposuction



Treatment



Multidisciplinary Approach

- Medical Doctor
- Psychologist, Psychiatrist
 - Individual, Group, Family Therapy
- Registered Dietitian



Role of RD in ED Treatment

- Supports and leads change around food, exercise, and weight
- Educate about normal vs. abnormal food intake, hunger, metabolism
- Guides in developing healthy intuitive relationship with food



Treating a Fellow Soldier

- Respect their goals
- Solicit command support
- Protect privacy



Future Goals

- Process improvement program
 - Ft Sam Houston
 - West Point
 - Ft Benning
 - Ft Drum



Future Goals

- Soldier Intervention
 - Screening program
 - Educate CADRE
 - Education on healthful eating/safe weight loss



Future Goals

- Increase Knowledge
 - Article in AMEDD Journal
 - Chapter in Textbook of Military Medicine



Questions?

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